

## CASCADE PERFORMANCE SPORTS ACADEMIES PROGRAMS

Programs available from winter season 2010. Contact Cascade Performance Sports Academies at [info@cascade-academy.com](mailto:info@cascade-academy.com) for requests and more information.

### 7-night Sport and Wellness program:

- 7-nights accommodation
- Breakfast buffet
- Half-board
- Boxed lunch (optional)
- Rental Car Category C for 7 days/room (from/to Faro Airport incl. unlimited mileage, insurance, tax and VAT)
- Access to golf practice facilities
- Range balls at the Cascade driving range; two tokens per person per day
- Free use of the Cascade gym and spa
- Three hour use of tennis courts per week
- Two standard massage treatments
- Free use of the Kid's Club. Babysitter service with pre-registration

**Add** activities to your 7-night Sport and Wellness program for an ultimate experience at the Cascade Performance Sports Academies:

- **Play Golf**

Standard 7-night Sport and Wellness program as stated above plus:  
- 5 green-fees at nearby golf courses

- **Practice Golf**

Standard 7-night Sport and Wellness program as stated above plus:  
- 5 golf lessons of 2 hours together with Cascade Resort PGA golf pro (lessons targeted to your own specific needs)

- **Play and Practice Golf**

Standard 7-night Sport and Wellness program as stated above plus:  
- 3 green fees at nearby golf courses  
- 4 golf lessons of 1 hour together with Cascade Resort PGA golf pro (lessons targeted to your own specific needs)

- **Get your Golf Handicap**

Standard 7-night Sport and Wellness program as stated above plus:  
- 2 green-fees of 9 holes at nearby golf course  
10 golf lessons of 1 hour together with Cascade Resort PGA golf pro  
- Golf rules and etiquette

- **Practice Tennis**

Standard 7-night Sport and Wellness program as stated above plus:  
-5 tennis lessons of 1 hour together with Cascade Resort tennis pro

